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ELIZABETH CAMERON/ FOR METRO

ANSWERED PRAYERS

Three-year-old Greta gets liver transplant in U.S. after being denied at Alberta Children's Hospital **metroNEWS**

Transit officers could be brought into fentanyl fight

📌 OPIOID CRISIS

City looking at giving workers life-saving Naloxone



Helen Pike
Metro | Calgary

Transit peace officers' "check on welfare" calls have changed as the city copes with the growing opioid crisis.

More and more frequently, officers who find an unconscious person in an LRT station aren't able to rouse them with a quick nudge.

"We do encounter a number of people who are unconscious when we find them, and that can be for any number of reasons," said Insp. Brian Whitelaw,

co-ordinator of public safety and enforcement for Calgary Transit.

"We've saved a couple of people in the last couple of months we strongly suspect are overdosing on fentanyl. We did have EMS tell us in one case recently that we did manage to save a person, and 24 hours later they're fine."

The City of Calgary is currently looking into which of its business units could keep the life-saving Naloxone on hand during their day-to-day duties.

Police and firefighters do carry the medication, but Calgary Transit's peace officers don't have access.

"We're working with internal staff safety questions," said Calgary Neighbourhoods spokesman Doug Borch.

"Part of it is tied to the nature of a particular job and who they're coming into contact with and what context."

We've saved a couple of people in the last couple of months.

Insp. Brian Whitelaw



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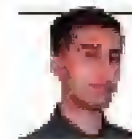
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Girl gets a 'shot at life' with new liver

HEALTH

3-year-old with rare cancer gets transplant in U.S. hospital



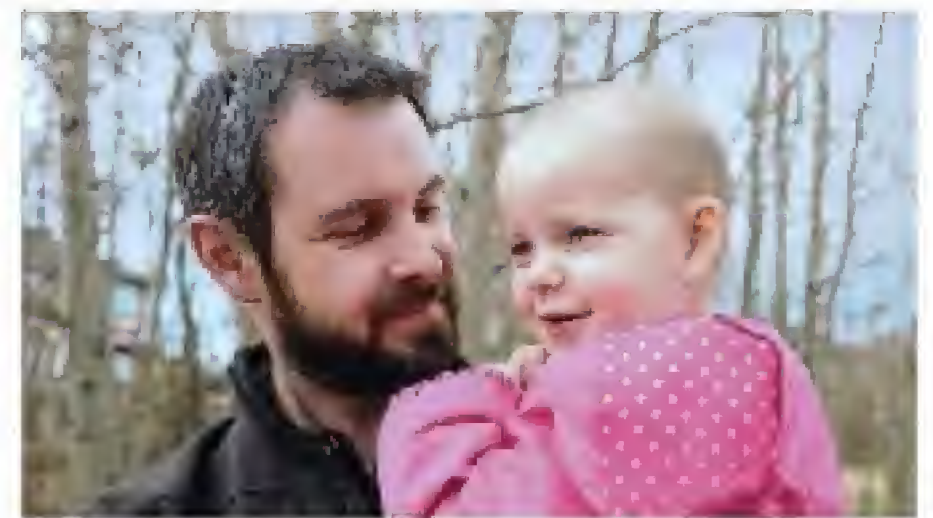
Aaron Chatha
Metro | Calgary

Greta had hepatoblastoma, a rare form of liver cancer, and was officially placed on the Cincinnati Children's Hospital's organ transplant list, after months of flying back and forth between Calgary and the Ohio city where she is being treated.

The cancer had previously been treated at the Alberta Children's Hospital, but when it returned, the family was told a transplant was not an option and palliative care was recommended.

Unwilling to give up, the family found an expert in Cincinnati to perform a transplant.

According to an early Sunday morning Facebook post on



Greta Marofke with her dad, Steve. ELIZABETH CAMERON/METRO

the Greta's Guardians page, the family was going through customs at the airport when they received a call that they had a new liver for her.

"We just left our baby in the OR to receive her new liver!" read a statement on the page. "She will come out of there at the end of today with a new liver and NO tumours! We are so sad to think about the family who lost their baby yesterday but so thankful they decided to help give Greta the shot at life she deserves."

Hours later, a post on the page confirmed that Greta safely made it out of surgery, and will be monitored over the next few days.

Last week, the provincial PC Party pressed health minister Sarah Hoffman as to whether or not the province would help pay for Greta's medical bills, which are estimated at upwards of \$1 million.

Hoffman said the province is working with the family, but it is up to the out-of-country Health Services Committee to make those decisions.

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‘They’re human beings’: Advocate

ADDICTIONS

Flyer against proposal for new facility feeds stigma



Brodie Thomas
Metro | Calgary

Rosalind Davis heard the sound of her parents’ mailbox being opened and then closed as the flyer a dropped off last week.

The flyer warned of a proposed addiction treatment centre that could be opened in the community of Windsor Park, and of potentially dangerous individuals who could come into the neighbourhood and devalue properties.

Davis, who recently lost her partner to an opioid addiction, penned an open response to the anonymous person behind the flyers. Her response has been getting a lot of traction on Facebook.

“It’s the language that’s used in the flyer, and the characterization that’s used of people suffering from substance use disorder that bothers me,” said Davis. “Their addiction doesn’t sum them up as a person.”

She said her partner Nathan was a successful stockbroker whose life spiralled out of control after receiving prescription painkillers for a herniated disc.

She said they sought help for his addiction in the health-care system six times.

“During all those encounters,



Rosalind Davis says a flyer that warned about potentially dangerous people coming around because of a proposed addictions treatment centre is misleading. **BRODIE THOMAS/METRO**

I don’t think we were given an appropriate treatment plan,” she said.

In her letter she explained how people suffering from addictions are not dangerous individuals, but rather family members, friends and neighbours.

“You are the dangerous individual in the community,” wrote Davis. “Your choice of language perpetuates fear, stigma, and misunderstanding. You keep people suffering from addiction and their families living in shame. You prevent them from getting the help they need and deserve.”

Greg Clark, MLA for the area where the addiction treatment centre is proposed, said his of-

fice has been receiving calls with questions and concerns.

“There’s a meeting coming up on Wednesday,” said Clark. “My staff will be there to hear what the proponent of this particular project has planned.”

Davis said she doesn’t know the details of the proposed addictions centre, nor is she an advocate for it specifically, but she says in general more treatment options are desperately needed.

She said she would welcome an addictions treatment facility next door to her home if one were proposed.

“I would go over and get to know those people,” she said. “They’re human beings.”

CITY HALL

Mayoral hopeful wants tax room plebiscite included with fall ballot

Coun. Andre Chabot wants to let voters decide whether or not the city should automatically take so-called tax room left on the table by the provincial government.

Tax room is money that comes up due to a quirk in the way the province and the city run their budgets. City budgets are calendar year, but the province’s budget year begins in the spring.

Occasionally, the province does not take as much as was forecast, leaving tax room money on the table.

Chabot would like to ask the public if council should automatically take tax room as it comes up.

The Ward 10 councillor, who is also running for mayor this fall, says taking tax room amounts to a municipal tax increase because the city also has the option to

province it’s disingenuous,” he said. “It’s a smoke and mirrors game and I think the general public should have a chance to weigh in on whether or not council should be allowed to take it.”

However Coun. Brian Pincott sees things differently. He said the City of Calgary is a representative democracy, not a direct democracy, and councillors are paid to make tough decisions such as these.

Chabot said if the plebiscite were approved, citizens would get an information pamphlet to explain the question and help them make an informed decision. **BRODIE THOMAS/METRO**

“What makes that decision so special or different than any other we make?”
Coun. Brian Pincott

give the money to taxpayers. “When we say that we’re taking up tax room taken up by the



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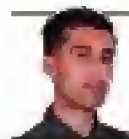
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Feeling bitter about litter

SPRING CLEANING

Volunteers brave the cold to pick up trash from parks



Aaron Chatha
Metro | Calgary

The Bow River is swelling again – but this time it's with civic pride.

Despite the cold and the rain, more than 2,900 volunteers set out to pick up garbage as part of the 50th annual Pathway and River Cleanup. They picked up litter in every quadrant of the city, including parks and about 200 km of paths and riverbanks.

"It makes you feel good," beamed Mohammed Qadri, who was out in a group of friends and family near East Village. "We saw that YouTube video by our mayor, it motivated us, and it feels good to do a service. We use this path all the time, and to have it garbage free, just makes you



Despite expecting warmer weather, Mohammed Qadri didn't slow down in his volunteer duties. AARON CHATHA/METRO

feel good."

When Metro caught up with Qadri, his group was only at the halfway point of their designated quadrant, but had

already filled 15 bags of garbage. And the rain did nothing to dampen their spirits.

Actually, that seemed to be the story throughout the city.

Volunteer Jennifer Kalzek was on her cycle throughout the day, visiting groups in different areas to hand out supplies, and said everyone she ran into



We use this path all the time, and to have it garbage free, just makes you feel good.

Mohammed Qadri

was in good spirits.

The event is held each spring to remove debris that builds up over the winter.

"The Pathway and River Cleanup highlights the importance of caring for our environment," stated Maggie Nelson, city volunteer program adviser.

"The PRC is significant not only as a litter pick up event, but as an important reminder that we have a responsibility to keep Calgary clean year-round – not just one day of the year."

The cleanup originally began in 1967 when 12-year-old Sandra Crawford noticed a mattress in the waters of the Elbow River. She wrote a letter to a local paper, which led to the creation of the event.



Man injured in shooting

Calgary police are investigating a shooting in the 2900 block of Centre Street North on Sunday.

The call came in around 5 p.m. Police initially indicated the male victim had been taken to hospital with gunshot wounds to the chest. Calgary EMS now says the victim is in stable, non-life threatening condition with soft-tissue injuries.

METRO

Thom is PC president

Len Thom has been appointed president of the Progressive Conservative Association of Alberta.

Thom was the former PC Alberta president for Edmonton-Gold Bar and candidate for the Conservative Party of Canada in Edmonton Strathcona in the 2015 general election. METRO

Building evacuated

Residents of a high rise on the 8000 block of Horton Rd. SW were evacuated Saturday at about 9:30 p.m. after reports of a balcony fire in the building. METRO



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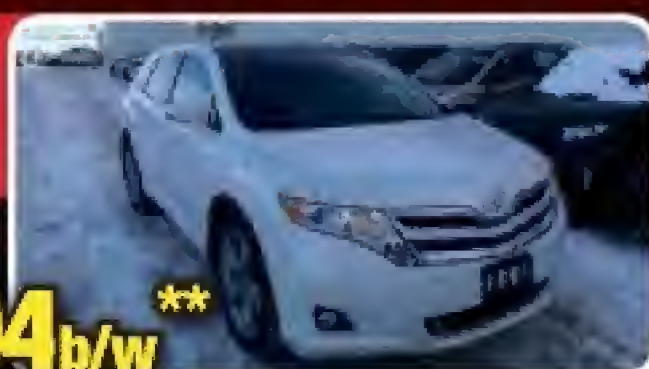
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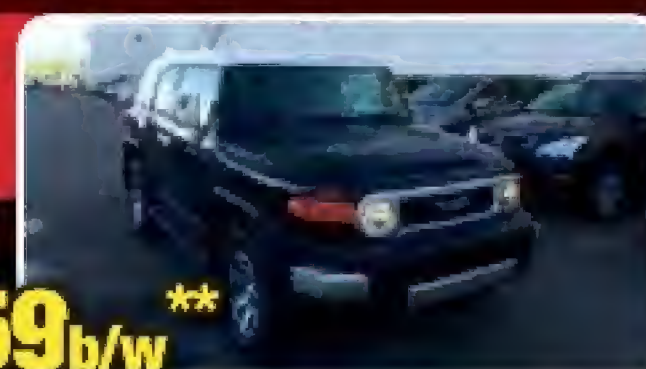
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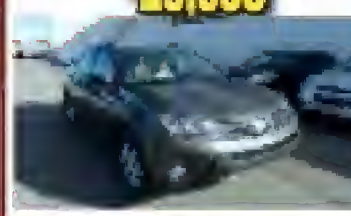
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Canada fights big battle with the rain

WEATHER

A weekend of heavy weather soaks residents coast to coast



Alex Abdelwahab
Metro | Ottawa

It was a weekend of constant rainfall, evacuation orders and stories of kindness and generosity, as Canadians across the country grapple with dangerously rising levels of floodwaters.

In Ottawa's Constance Bay, resident Melissa Lepage was among more than a dozen people working hard to stack sandbags around her neighbour's house, even using a canoe to transport sandbags across the flooded lawn.

"We lost everything downstairs. We couldn't keep up with it. The water was just coming up," Lepage said.

In Gatineau, Que., more than 1,500 volunteers came



Residents paddle a boat past a submerged car in a flooded area of Gatineau, Que., on Sunday. ADRIAN WYLD/THE CANADIAN PRESS

out Sunday to fill sandbags at the Campeau arena.

Quebec has been hardest hit, with nearly 1,900 flooded homes in roughly 130 municipalities, from the Ontario border in the west, to the Gaspé peninsula.

Public Safety Minister Ralph Goodale said no other province had so far requested military help, but forces personnel, including reserves, are on stand-by across the country.

The situation in Ontario seems to be "generally stabilizing," al-

though there are many unstable local circumstances, he said.

Some parts of New Brunswick recorded more than 150 millimetres of rain.

A weather station northeast of Saint John measured 155 millimetres of precipitation from late Friday to early Sunday.

In British Columbia, the worst was thought to be over Sunday after floods and mudslides wreaked havoc in the Interior over the weekend.

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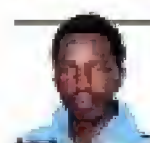


FOCUS ON FAMINE
Update: Aid efforts

Moms help moms

AID

Campaign aims to aid those with kids in countries facing famine



Gilbert Ngabo
Metro | Toronto

A trip to East Africa last fall changed Danny Glenwright's perspective on the famine crisis affecting millions of people.

The executive director of Action Against Hunger Canada was visiting various projects the charity group runs in the region, helping to build resilience in communities affected by food shortage and drought. That's when he realized the crisis was inflicting more burden on women and young mothers.

"You see moms walking miles from across the desert with their babies," he said, describing a semi-nomadic lifestyle that forces people to move around searching for water. "It's shocking. There's just not been so much attention



Danny Glenwright, executive director of Action Against Hunger.
EDUARDO LIMA/METRO

paid to some of these places and the issues they're facing."

His organization wants Canadian mothers to know about the plight of these women — and to lend a helping hand. A new campaign, Care for Mom, is working with yoga studios and gyms across the country to drum up a "mother to mother" support.

Glenwright said the goal of the campaign is to introduce

Canadian mothers to the issue of food insecurity that's affecting other mothers, and that they can make a difference.

The United Nations has already declared a state of famine in some parts of South Sudan, and has warned that three other countries — Somalia, northern Nigeria and Yemen — could soon fall into the same situation if humanitarian efforts are not increased.

DETAILS

■ **The United Nations** says it needs \$4.4 billion to avert the full-blown famine situation in South Sudan, Somalia, northern Nigeria and Yemen. As of mid-April, only \$984 million had been secured.

■ **You can help — visit:** actioncontrelafaim.ca

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'France has won' after Le Pen loses

ELECTION

Pro-EU Macron will be nation's youngest ever president

Ripping up France's political map, voters elected independent centrist Emmanuel Macron as the country's youngest president Sunday, delivering a resounding victory to the unabashedly pro-European former investment banker and strengthening France's place as a central pillar of the European Union.

At a victory party outside the Louvre Museum in Paris, Macron supporters roared with delight at the news, waving red, white and blue tricolour flags. The jubilant crowd swelled to thousands as the night wore on.

"A new page in our long history is opening tonight. I want it to be one of hope and renewed confidence," Macron said.

Marine Le Pen, his far-right opponent in the presidential runoff, quickly called the 39-year-old Macron to concede defeat after voters rejected her "French-first" nationalism by a large margin. Macron, in a solemn televised victory speech, vowed to heal

the social divisions exposed by France's acrimonious election campaign.

"I know the divisions in our nation that led some to extreme votes. I respect them," he said. "I know the anger, the anxiety, the doubts that a large number of you also expressed. It is my responsibility to hear them."

The result wasn't even close: With four-fifths of votes counted, Macron had 64 per cent support to Le Pen's 36 per cent.

Le Pen's performance dashed her hopes that the populist wave that swept Donald Trump into the White House and led Britain to vote to leave the EU would also

carry her to France's presidential Elysee Palace.

Macron's victory marked the third time in six months — following elections in Austria and the Netherlands — that European voters shot down far-right populists who wanted to restore borders across Europe. The election of a French president who championed European unity could also strengthen the EU's hand in its complex divorce proceedings with Britain.

"France has won!" Macron said in an address to supporters. "Everyone said it was impossible. But they did not know France!"

THE ASSOCIATED PRESS



Emmanuel Macron won the French presidential election Sunday. GETTY IMAGES

NIGERIA

82 girls released by Boko Haram

Five Boko Haram commanders were released in exchange for the freedom of 82 Chibok schoolgirls kidnapped by the extremist group three years ago, a Nigerian government official said Sunday, as the girls were expected to meet with the country's president and their families.

The confirmation of the prisoner swap came a day after the young women were liberated. The official spoke on condition of anonymity as he was not authorized to speak to reporters on the matter.

There was no immediate comment about the exchange from the Nigerian presidency or Boko Haram, which has links to the Islamic State group. President Muhammadu Buhari's office said Saturday that "some" Boko Haram suspects in detention had been released for the freedom of the schoolgirls, but it did not give details.

The young women were flown Sunday by military helicopters from northeastern Nigeria to Abuja, the capital, where they were expected to meet the president in the evening.

The International Committee of the Red Cross, which along with the Swiss government mediated the Nigerian government's negotiations with Boko Haram, said Sunday that the girls soon would meet with their families.

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Some of the recently freed girls in Abuja, Nigeria. AP



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Lucie Myslikova talks to a protester last week.

THE ASSOCIATED PRESS

CZECH REPUBLIC

Girl Scout faces threats

The Czech Interior Ministry says that police are taking steps to ensure the security of a Girl Scout after a photo showing her confronting a neo-Nazi group went viral.

The ministry's Center Against Terrorism and Hybrid Threats says the move was prompted by threats against 16-year-old student Lucie Myslikova that appeared on Facebook. No details were given.

The teenager was among about 300 protesters who confronted a rally of the far-right Workers Party of Social Justice on May Day in the second-largest city of Brno.

At one point, she was captured in a photo facing up to one of about 150 supporters of the fringe party.

Myslikova said on Sunday that she was worried by the threats of violence and appreciated the move taken by police.

THE ASSOCIATED PRESS

POLITICS

Senators feel the pressure from Trump on health care

President Donald Trump urged Senate Republicans on Sunday to "not let the American people down," as the contentious debate over overhauling the U.S. health care systems shifts to Congress' upper chamber, where a vote is potentially weeks, if not months, away.

Some senators have already voiced displeasure with the health care bill that cleared the

House last week, with Republicans providing all the "yes" votes in the 217-213 count. They cited concerns about potential higher costs for older people and those with pre-existing conditions, along with cuts to Medicaid.

Sen. Susan Collins of Maine, a moderate Republican whose vote will be critical to getting a bill to Trump's desk and who

voiced similar concerns, said the Senate would not take up the House bill.

"The Senate is starting from scratch. We're going to draft our bill, and I'm convinced we will take the time to do it right," she said.

Mick Mulvaney, Trump's budget director, also said the version that gets to the president will likely differ

from the House measure. Such a scenario would then force the House and Senate to work together to forge a compromise bill that both houses can support.

Collins also complained that the House rushed a vote before the Congressional Budget Office could complete its cost-benefit analysis.

Eager to check off a top cam-

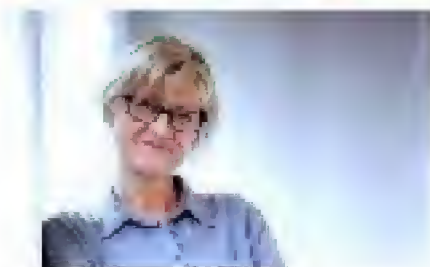
paign promise, Trump sought Sunday to pressure Senate Republicans on the issue.

"Republican senators will not let the American people down!" Trump tweeted from his private golf course in central New Jersey, where he has stayed since late Thursday. "Obama-Care premiums and deductibles are way up — it was a lie and it is dead!"

THE ASSOCIATED PRESS



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION How can I politely turn down toasting the bride?

Dear Ellen,

I'm going to a friend's wedding in June and he wants me to give the toast to the bride. I told him I have severe stage fright, but he insists. Is there a polite way to get out of it and still stay friends with him and his wife-to-be?

Thanks,
Mr. Terrified

Dear Mr. Terrified,

You are in good company. According to the Internet, singers Lorde and Adele have both been known to throw up before going on stage. British actor Stephen Fry got so scared about performing in a play that he fled the country and ended up in Belgium. It was 17 years before he was ready to get back onstage. Laurence Olivier fought off paralyzing stage fright by standing backstage and addressing the audience as "you bastards!"

I'm sure your stage fright is just as real as theirs, but there's no need to repeat



such behaviours. If your stage fright is bad enough to make you vomit, want to flee the country or erupt in profanities, then the polite thing to do is tell your friend you can't toast the bride for medical reasons

— and then produce a doctor's note. Seriously, if you're that incapacitated, it wouldn't hurt to see someone and talk about it.

But if it's just normal performance anxiety, which

most human beings have in one form or another, then you have to swallow your pride and do it anyway.

It doesn't matter if you're tongue-tied, awkward and bound to make a fool of yourself. No matter how ridiculous you feel, the speech can still be a success.

All you need to do is prepare. Write your speech ahead of time and practise delivering it. If you don't know what to write, ask for help from a witty friend who also knows and loves the bride and groom, or use a professional wedding speechwriter, which you can find online. Finally, here's the advice I give myself when I'm nervous about public speaking: "It's not about you, narcissistic idiot! Stop thinking about yourself, and stick to the material!"

Rather rude, but if you restrict it to personal use, you are most welcome to it.

Need advice?
Email Ellen:
askellen@metronews.ca

Are black female writers valued in Canadian media?



Vicky Mochama
Metro | Toronto

As a black female writer, the decision by journalist and activist Desmond Cole to leave the Toronto Star's opinion pages has left me thinking.

In his blog post, Cole wonders if other black writers here can thrive. Specifically, he shouts out black women, who face more barriers than him, he told me by phone.

I asked a few black women whether they felt they could work in Canadian media.

"I feel like I can but I also feel I have to censor myself a bit," said Brnesh Berhe, a writer from Edmonton.

Septembre Anderson, a former journalist, didn't feel like she could at all, telling me she left for "greener pastures" when she realized there is only space for "moderate black men journalists."

The ones who stuck with journalism aren't hopeful. "We're disposable or used for a particular thing/column. But not perhaps as an ongoing voice," said Brittany Amofah, who added devaluing racialized voices is particular to Canada.

Many of them spoke on the pressure to be a capital B black voice. I know I waver

between resistance and taking advantage of opportunities, even when they're racialized.

Sarah Hagi, a writer for Vice Canada, said she often felt pigeonholed as "a Muslim woman" in a "too white and marginalizing" media landscape. One of the few black women working in media, she credits American outlets for her freelance work.

Amani Bin Shikhan said, "It's in Canadian media that I feel those limitations on what I can say — and how I can say it — most."

These are some of the subtle and overt ways anti-black racism works. It's the pressure to lower one's voice. It's having your platform shrunk. It's the shifting sands on which one is meant to build. It's in picking between work you love and doing what is right.

Cole's treatment at a publication I have trusted and the experience of brilliant black women leave me with unease. My question isn't so much if black writers in Canada have space to be a multiplicity of identities.

That I am one of a few black writers with a large platform is not a credit to me. It's an indictment of an industry that does not value black voices.

My question is: Can someone tell me how many of us are allowed in?



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Cultural slights are back in the spotlight

ART

Indigenous groups say appropriation is an old battle

The work of Toronto painter Amanda PL is infused with bright colours and bold outlines often associated with an Indigenous art style.

But for many of those familiar with the Woodland School of Art, as the genre is also known, it smacks of cultural appropriation by a young artist with no claim to the tradition.

Outrage over Amanda PL's work has renewed debate over who has the right to use and profit from specific customs.

It's a decades-old problem that is only gradually being understood in a field where ideas and images are continually borrowed, traded and reinvented, say observers.

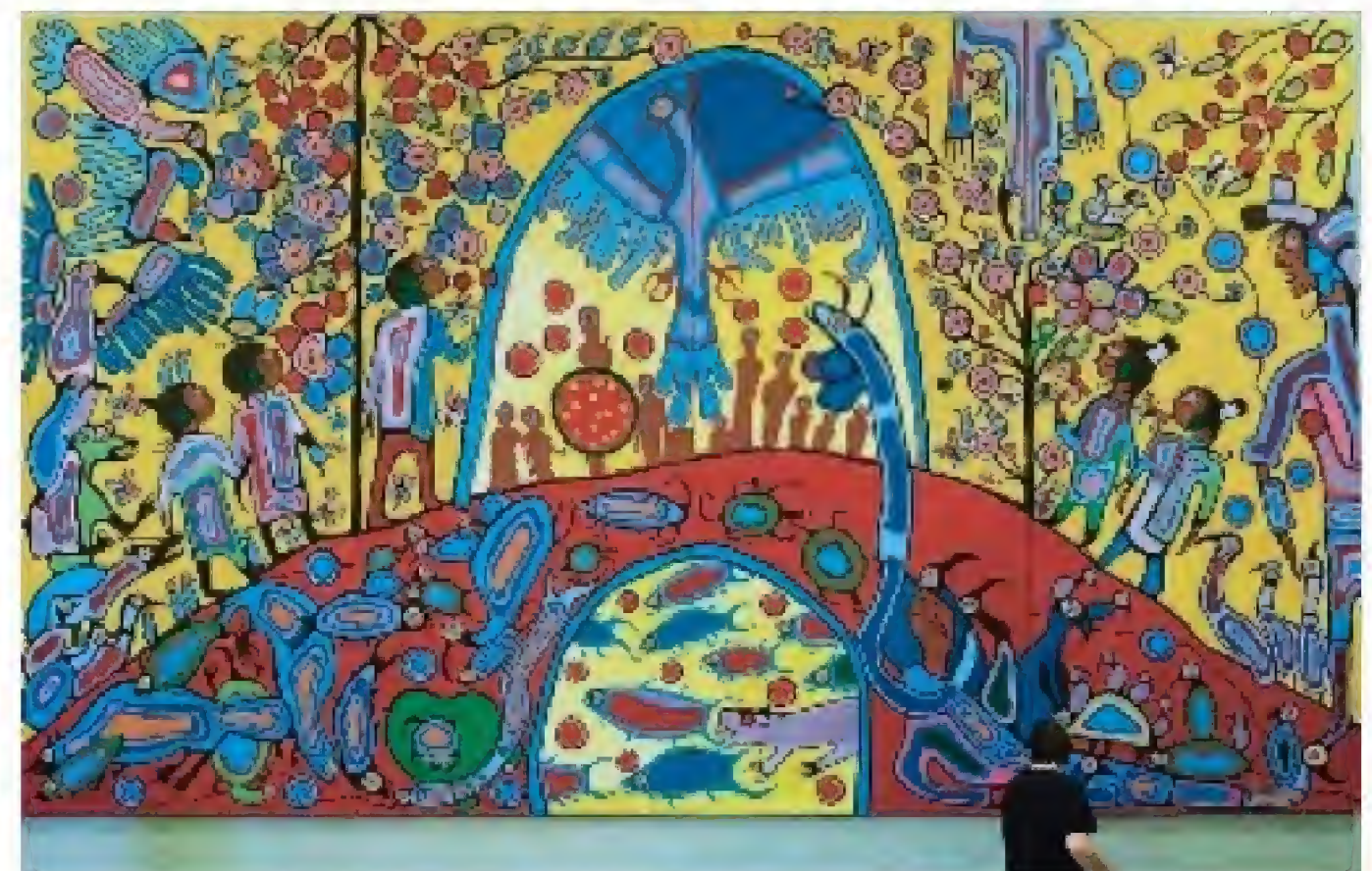
B.C. lawyer Vanessa Udy says the broader public seems to be becoming more sensitive to possible cultural slights.

But the onus of identifying them falls on the person who finds it offensive, and that can be difficult to determine and articulate at times.

There's no easy formula to apply when feelings are hurt — Udy notes each case requires a nuanced evaluation.

"Is it a person from a group who is in power over a group that is more dispossessed? Does the commodification of their culture put down their culture? Will it create negative stereotypes in the eyes of others?" explains Udy, an intellectual property lawyer who returned to school after seven years of practice to study aboriginal law.

"That's part of the problem of cultural appropriation, and why people don't always seem to get it is because it is an intellectually demanding process to go through in analyzing each case."



Toronto artist Amanda PL's work (right) and Norval Morrisseau's painting *Androgyny*, which hangs in the ballroom at Rideau Hall in Ottawa (above). Amanda PL has acknowledged that her work bears a similarity to that of Morrisseau's. For those steeped in the Woodland School of Art, as the genre is known, Amanda PL's work smacks of cultural appropriation by a young artist with no claim to the tradition. THE CANADIAN PRESS/TORSTAR NEWS SERVICE

The Toronto gallery that planned to exhibit Amanda PL's work was quick to cancel when two complaints came in, says co-owner Tony Magee, who adds he's now fielding complaints from those angered by the cancellation.

"We didn't make our decision (to cancel) out of political correctness. We didn't do it as caving to pressure. We did it because we opened our eyes," says Magee, whose shop opened in January.

Amanda PL has said her work was inspired by the Woodland school and has acknowledged a similarity to the work of Anishinaabe artist Norval Morrisseau.

The problem for many is that she's white, and seems to have made no effort to consult with the Anishinaabe community even after vociferous protest.

The flap follows an uproar

at the Whitney Biennial last month, when Brooklyn, N.Y.-based artist Dana Schutz came under fire for her abstract painting *Open Casket*. It depicts the mutilated face of lynching victim Emmett Till at his 1955 funeral. The work sparked outrage among several African-American artists offended that a white woman would tackle the subject, especially since it was a white woman whose unfounded accusations led to Till's murder.

But the difference here is that Schutz created the work as a reaction to last year's Black Lives Matter protests, notes Magee. She has also said she has no intention of selling it.

There's certainly room for culture to be borrowed, shared and reinvented, says the man in charge of Indigenous art at the National Gallery of Canada.

"Knowledge of cultural tenets and beliefs move back and forth across cultures through history. That's probably a good thing," says Greg Hill, who is of Mohawk descent and from the Six Nations of the Grand River Territory. "It becomes a problem when things are borrowed or



taken and they're used out of context or they're misunderstood, they're not understood and they're unknowingly or purposefully used in an inappropriate way."

He points to strict rules within various cultural groups about who can do what, and who has the right to inherit stories and imagery. "These things are passed down from generation to generation. It's really ignorant to just come in and take something and not acknowledge when it's being pointed out to you that there might be a problem with what you're doing," says Hill, senior Audain curator of Indigenous art.

THE CANADIAN PRESS

“It's really ignorant to take something and not acknowledge when it's being pointed out that there might be a problem with what you're doing.” Greg Hill

Canadians spring for asparagus

FRESH HARVEST

Nutrient rich, abundant crop is an industry success story

Owen Roberts
Urban Cowboy



Odds are the fresh Ontario asparagus you now see in stores — the first stock of the season — is tasty Guelph Millennium. It's become a popular local food, a made-in-Ontario success story, credited by farmers for breathing life into what's become a \$30-million crop.

"If not for Guelph Millennium, we would not have a viable industry in Ontario today," says Bernie Solyman, executive director of the Asparagus Growers of Ontario. "That's the bottom line."

May is shaping up to be a great month for asparagus, Ontario's earliest commercial field crop. Warm spring days have arrived, and varieties such as Guelph Millennium are leaping out of the ground.

In fact, once asparagus breaks through the soil, farmers say you can actually sit and watch it climb skyward. Indeed, it can grow as much as 25 cm in a single day.

When it reaches its peak, about two weeks from now, farmers will have their hands full — literally, because they harvest the crop by hand, with a knife. It grows so fast that on hot days they have to cut it twice a day.

But they really don't mind. It's money in the bank.

To farmers, a crop's output, called "yield," is vital. To stay afloat, farmers have to be profitable. One way they do it is by growing high yielding crop varieties.

For asparagus farmers, that's



The asparagus you are cooking this week was probably grown, harvested and prepared similar to the way Charles Welsh (top right) does at Welsh Bros. Farm near Scotland, Ont. MAIN PHOTO ISTOCK, ALL OTHER PHOTOS LANCE MCMILLAN /FOR METRO



FACTOIDS of FARMING

Tasty in any colour

When asparagus surfaces each year, it turns green once it's exposed to sunlight, thanks to photosynthesis. Farmers can disrupt that process by mounding soil on top of it, as it starts to shoot through the ground. Depriving the plant of sunlight causes it to stay white. Besides green and white asparagus, some markets also feature asparagus with a gene that makes it purple.

What's that smell?

If your pee smells odd after eating asparagus, pat yourself on the back. The Asparagus Farmers of Ontario say the smell comes from

"sulfurous amino acids" that are released from the vegetable during digestion, which only one quarter of people can smell. If you sense a funny fragrance, it says, "That means you're not only normal, you have a good nose."

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.



FARM links

More about asparagus online

■ **Recipe ideas using asparagus**
asparagus.on.ca/recipes

■ **Where to buy asparagus seed**
asparagus.on.ca

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asparagus.on.ca/buy-local

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In addition to being healthy and abundant, asparagus can be part of a variety of dishes. What is your favourite way to cook asparagus? Visit metronews.ca to weigh in.

where Guelph Millennium comes in handy. Its yield per acre is double that of older asparagus varieties. That makes growing asparagus attractive to farmers.

In fact, in Ontario, acreage has increased to 3,400 acres — up 700 acres in just the past four years. And Guelph Millennium comprises 100 per cent of the new asparagus plantings in the province.

There's more. The same Guelph Millennium plant can be productive for more than 15 years. That's about twice as long as competitive varieties. Plus, it doesn't buckle when the mercury dives. Guelph Millennium is now grown as far north as Saskatoon. And thanks to Fox Seeds, Ontario asparagus growers' own brand, Guelph Millennium is even being registered for farmers in chilly Russia.

But while field performance is an important part of the Guelph Millennium story, there are other reasons it's a superstar variety, too.

First, it's high in vitamins such as folic acid, potassium, thiamine and B6. It's a decent source of fibre. And it's low in calories and sodium.

As well, in a happy coincidence, a study showed Guelph Millennium is blessed with significantly higher levels than any other asparagus variety of an antioxidant called rutin, also found in buckwheat, onions and black olives.

In the gut, bacteria convert rutin to a beneficial anti-inflammatory compound called quercetin.

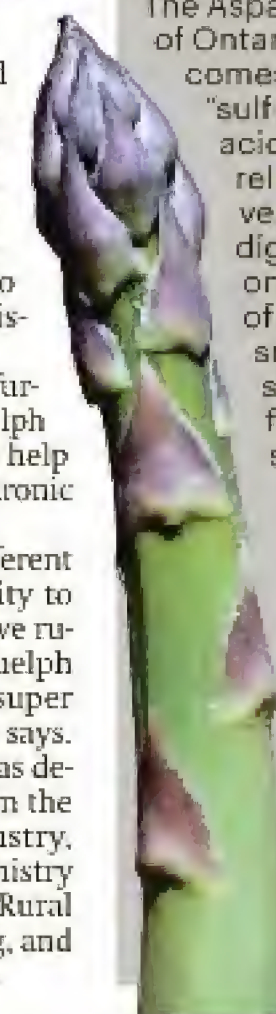
Studies by former Guelph nutrition researcher Dr. Krista Power, now with the University of Ottawa, revealed that even at very low levels, rutin-rich

Guelph Millennium had extraordinary benefits. For example, it helped laboratory mice heal from intestinal damage caused by colitis, a condition that contributes to inflammatory bowel disease (IBD).

Power is hopeful that further testing will show Guelph Millennium can similarly help humans suffering from chronic diseases such as IBD.

"I've profiled many different food-types for their ability to help ease IBD, and I believe rutin-rich asparagus like Guelph Millennium could be a super food for gut health," she says.

Guelph Millennium was developed with support from the Ontario asparagus industry, and from the Ontario Ministry of Agriculture, Food and Rural Affairs. Happy harvesting, and here's to healthy eating.



Are there antibiotics in meat?



Michelle Jaelin
Registered Dietitian, Toronto

I'm curious and a bit confused about the labels around antibiotics and food lately. I figured the best place to start is to ask a farmer why they even use antibiotics.



It's a simple question with lots of complicated answers.

I work hard caring for my animals, which includes keeping them healthy. A veterinarian can prescribe antibiotics if sick chickens need treatment, but that's rare. If we do have to treat, we follow strict withdrawal times to ensure no residues are in our meat. My family eats the same food yours does and we take our commitment to caring for chickens and producing healthy, affordable food seriously.



Andrea Veldhuizen
Chicken Farmer, Niagara Region

Let's continue the conversation #BestFoodFacts • @FoodIntegrityCA • www.BestFoodFacts.org

Forecasting a nurse shortage



Veronique Boscart, president of the Canadian Gerontological Nursing Association. CONTRIBUTED

BABY BOOMERS

Many nurses are set to retire in the coming decade

Jen Taplin

Baby boomers are steaming ahead into retirement and will soon need seniors' care, putting an added strain on nurses across the country. The Canadian Nurses Association said there could be a shortage of about 60,000 nurses by 2022.

Many nurses are set to retire in the coming decade or two and at 53, Catrin Brodie is one of them. She's the president of the Gerontological Nurses Association of B.C. She said many health authorities are realizing many nurses will retire and have opened up scopes of practice for other health care providers, like licensed practical nurses, to take over some of the tasks traditional-

+ GERONTOLOGY

It can be tough to encourage young nurses to go in gerontology. "What I try to tell people is it is actually sexy because a lot of students think 'oh looking after older adults, how boring' but it's not," Brodie said. "You almost have to be a sleuth to look after seniors." For example, it

isn't usually difficult to diagnose a urinary tract infection in a younger adult but a senior could become delirious and confused, making it hard for a nurse to understand what's wrong. "Really it's a lot more complicated and uses a very high-skilled critical thinking," she said.

ly performed by registered nurses.

"In residential care, for instance, there are way more licensed practical nurses now than registered nurses because they just can't find enough of them," Brodie said. "The health authority is starting to have to shift who are looking after patients because of not being able to get enough skilled professionals. It's a bit of a concern."

Already the culture of patients in residential care is changing, Brodie added.

"Something we're going to have to look at is a policy on marijuana, and we never had

to think about that before but a lot of our baby boomers grew up in the '60s, did a lot of pot, and they're still doing pot," she said. "How do we in the health authority deal with that when we have a lot of no-smoking policies?"

Veronique Boscart, president of the Canadian Gerontological Nursing Association said several gerontological nurses across the country met last week to discuss the shortage and solutions.

"There definitely is not enough of us," she said.

Health facilities are short staffed, Boscart said, and not just nursing but other health profes-

sions as well and mistakes are being made because of shortages.

Instructor shortage

It's not just nurses that will soon be in short supply, but nursing instructors as well.

Brenda Sabo, professor at Dalhousie's School of Nursing in Halifax, said there will likely be a shortage of nursing professors across Canada in about five years by at least 1,000. "We're an aging cohort I would say," she said.

Veronique Boscart, president of the Canadian Gerontological Nursing Association, said not only is there not enough instructors, but even fewer have gerontological expertise. Outside of maternity wards and a few others, many patients are over 60 and nurses need to know how to care for them.

In nursing schools, very little of the curriculum covers gerontology, Boscart said.

"It's really kind of a circle. The next generation of nurses struggle with providing care for seniors and so if you're going to have an increase in seniors and complexity, it's a bit of a double whammy," she said.

Celebrating 50 years of nursing education

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Recognizing the efforts of a 'nurse-of-all-trades'

Jen Taplin

A nurse in the north has to be everything: social worker, mental health therapist, health provider and yes, even a veterinarian.

"I don't think there's a more exciting profession when you're up here because you do every-

thing," said nurse-of-all-trades Sandra Chapman from North Spirit Lake in northern Ontario.

Any given day she can be giving immunizations, delivering babies, doing mental health counseling and drug and alcohol addiction therapy.

"I have taken fish hooks out of I don't know how many dogs' mouths and fixed their paws because there are no vets here,"

she said.

It was a big change for an urbanite like Chapman. She grew up in Liverpool, England. She wanted to be a nurse ever since reading a series of books as a child about a nurse called Cherry Ames. She graduated from nursing school in 1966 and emigrated to Canada in 1972.

She worked in St. Mary's hospital in Kitchener for over 30 years, half in labour and delivery and the other half in the emergency department. She also worked at the sexual assault treatment centre.

"I didn't really want to retire because I loved the emergency room but I just felt it was getting crazy in emergency rooms in Ontario and I wanted something different."

One Sunday in church a speaker said when people retire they should reach out and try new challenges. She was immediately inspired and told her husband she wanted to work up north. She gave in her notice the next day.

For a year Chapman and her husband, who was retired, lived in Kashechewan. Her husband passed away and she moved to Big Trout Lake and worked there for 10 years until this summer when she transitioned to part

time in North Spirit Lake.

"You have to love the people, you have care about the people," she said. "First Nations people have many problems but they are lovely people, they have a wonderful sense of humour and

they're very truthful and they're very easy to work with in that regard."

Chapman said she loves the north and has learned new skills like building a fire in the snow to brew tea.

"It's beautiful in the north. It's kind of strange because I'm a big city girl really — born in Liverpool, lived in Kitchener — but I absolutely love the north. The air is so fresh and there are trees and water everywhere."



Sandra Chapman receives Health Canada's 2016 Awards of Excellence in Nursing. CONTRIBUTED

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- Author Unknown

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Oilers force Game 7

2017 NHL PLAYOFFS
CONFERENCE SEMIFINALS

Draisaitl, Edmonton bounce back from collapse

The Edmonton Oilers are forcing the Anaheim Ducks to face their Game 7 playoff demons.

Their Western Conference semifinal is going the distance after Edmonton's decisive 7-1 victory Sunday.

The winner of Wednesday's Game 7 in Anaheim meets the Nashville Predators in the conference final.

Leon Draisaitl led the Oilers with a hat trick with Mark Letestu scoring twice for the hosts. Edmonton also got goals from Zach Kassian and Anton Slepyshev in front of a euphoric wall of orange at Rogers Place.

Oilers goaltender Cam Talbot turned away 34 of 35 shots for the win.

"Obviously the season was on the line and we all had to step it up a notch and the whole group did," Draisaitl said.

Edmonton had sprinted to a six-goal lead by the first minute

of the second period before the Ducks countered with a goal from Rickard Rakell.

The Oilers scoring three goals on their first six shots prompted Anaheim to replace John Gibson with Jonathan Bernier, who stopped 24 of 28 shots in relief.

Momentum has swung to Edmonton, while the Ducks are under pressure to reverse a trend. Anaheim has lost a Game 7 at home each of the last four years.

GAME 6 In Edmonton



What's more, the Ducks led each of those series 3-2 before back-to-back losses ended their seasons.

"Even for us to come out in the second period and get that sixth goal, that was big," Letestu said.

"It showed we weren't going to get back on our heels and possibly let them get back into

the hockey game.

"We're not going to blow teams out like this all the time. We expect Game 7 to be a lot tighter."

The Oilers won twice in Anaheim to open this series and narrowly lost Game 5 there in double overtime.

Rogers Place was highly sensitive to officiating Sunday given the perceived injustice of allowing Friday's tying goal to withstand a goaltender interference challenge.

The Oilers were up 3-0 and on the cusp of taking a 3-2 series lead home when the Ducks became just the second team in NHL playoff history to erase a three-goal deficit in the last four minutes of regulation.

Ducks centre Ryan Kesler had his glove on Talbot's pad when Rakell put a backhand between his pads to tie it with 15 seconds remaining. Corey Perry then scored in double overtime. THE CANADIAN PRESS

Leon Draisaitl had three goals and two assists on Sunday.

JASON FRANKSON/THE CANADIAN PRESS



Predators advance to first West final

Ryan Johansen scored the game-winning goal 3:15 into the third period, and the Nashville Predators advanced to their first Western Conference final in franchise history Sunday by beating the St. Louis Blues 3-1 to take the series in six games.

The Predators won their ninth straight playoff game in Nashville going back to last post-season.

GAME 6 In Nashville

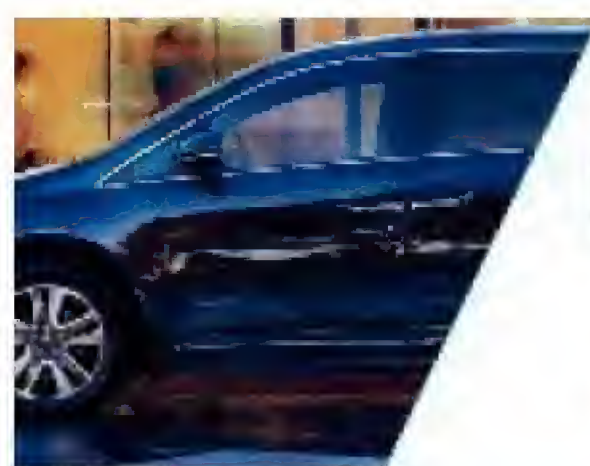


Goalie Pekka Rinne made 23 saves and had an assist. Roman Josi had a goal and an assist, and Calle Jarnkrok added an empty-netter with 60 seconds left. Nashville will play either Anaheim or Edmonton.

Paul Stastny scored for St. Louis, which fell short of a second straight conference final.

The Blues scored first for a third straight game but couldn't hold off the Preds.

THE ASSOCIATED PRESS



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Raptors guard DeMar DeRozan drives to the basket against LeBron James of the Cavaliers on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

Cavs sweep Raps aside

NBA PLAYOFFS

Casey critical of Toronto as Cleveland heads to East final

Dwane Casey asked his team to play with pride.

Facing an ugly ending to a season that had held so much promise, the coach didn't want them to go down without a fight. They responded. But in the minutes after the Toronto Raptors' season came to an end in a four-game sweep by Cleveland in the Eastern Conference semifinals, Casey lamented the lackadaisical efforts earlier in the series.

"It's tough," Casey said. "We know we could have played better in the first three games. We didn't. Today, I thought the guys played. I thought our guys played

with grit, toughness, togetherness. We all want to win. I don't know if we're there yet. We're knocking on the door."

Serge Ibaka scored 23 points, while DeMar DeRozan added 22, and the Raptors, coming off three consecutive blowouts, took Cleveland to the final couple of minutes before dropping a 109-102 decision to the defending NBA champion on Sunday.

It was Toronto's first playoff sweep since the opening round against Washington in 2015. Now the Raptors head into an off-season of uncertainties, including questions around the future of Casey and Kyle Lowry, who plans to opt out of the last year of his contract and become a free agent. LeBron James had 35 points to top the Cavs, who dispatched the Raptors in six games in last season's Eastern Conference final.

THE ASSOCIATED PRESS

GAME 4 In Toronto



IN BRIEF

Stenhouse Jr. earns his first NASCAR Cup win

Ricky Stenhouse Jr. used a strong Ford engine to blow past Kyle Busch in overtime at Talladega Superspeedway on Sunday for his first NASCAR Cup victory.

It was the first victory for Roush Fenway Racing since Carl Edwards at Sonoma in 2014. Jamie McMurray finished second in a Chevrolet followed by Busch in a Toyota. THE ASSOCIATED PRESS

Wizards use 26-0 quarter to level series with Boston

Bradley Beal scored 29 points and Washington Wizards used a 26-0 third-quarter run to beat the Boston Celtics 121-102 on Sunday night to tie the second-round series at two games apiece.

John Wall added 27 points and 12 assists for Washington. Isaiah Thomas had 19 points for Boston. THE ASSOCIATED PRESS

CFL

Bombers keep Faith with Ekakitie at draft

The Winnipeg Blue Bombers selected Iowa defensive lineman Faith Ekakitie first overall in the CFL draft Sunday night.

The move wasn't a surprise as the Bombers were reportedly in contract talks with the 24-year-old Brampton, Ont., native prior to the draft.

Ekakitie finished fifth on the CFL scouting bureau's final top-20 prospects list last month, a jump of six positions.

The Calgary Stampeders acquired the No. 6 pick from Winnipeg for the eighth and 34th selections and took Gannon University defensive line-

man Kandy Colling, who also has prior experience playing arena football.

Mississippi State offensive lineman Justin Senior of Montreal, UCLA defensive lineman Eli Ankou of Ottawa and Manitoba offensive lineman Geoff Gray of Winnipeg secured the

top three spots on the top-20 list while Laval tight end Anthony Auclair was seventh.

The six-foot-one, 304-pound Ekakitie had 37 tackles last season for Iowa (8-4), adding two tackles in the Hawkeyes' 30-3 loss to Florida in the Outback Bowl. THE CANADIAN PRESS

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- 1 cup frozen raspberries
- 1/2 cup frozen strawberries

- 1/2 cup chocolate almond milk
- 1/4 cup milk
- 1/4 cup plain Greek-style yogurt
- 1 Tbsp maple syrup
- 1 Tbsp chocolate chips or cacao nibs

Directions

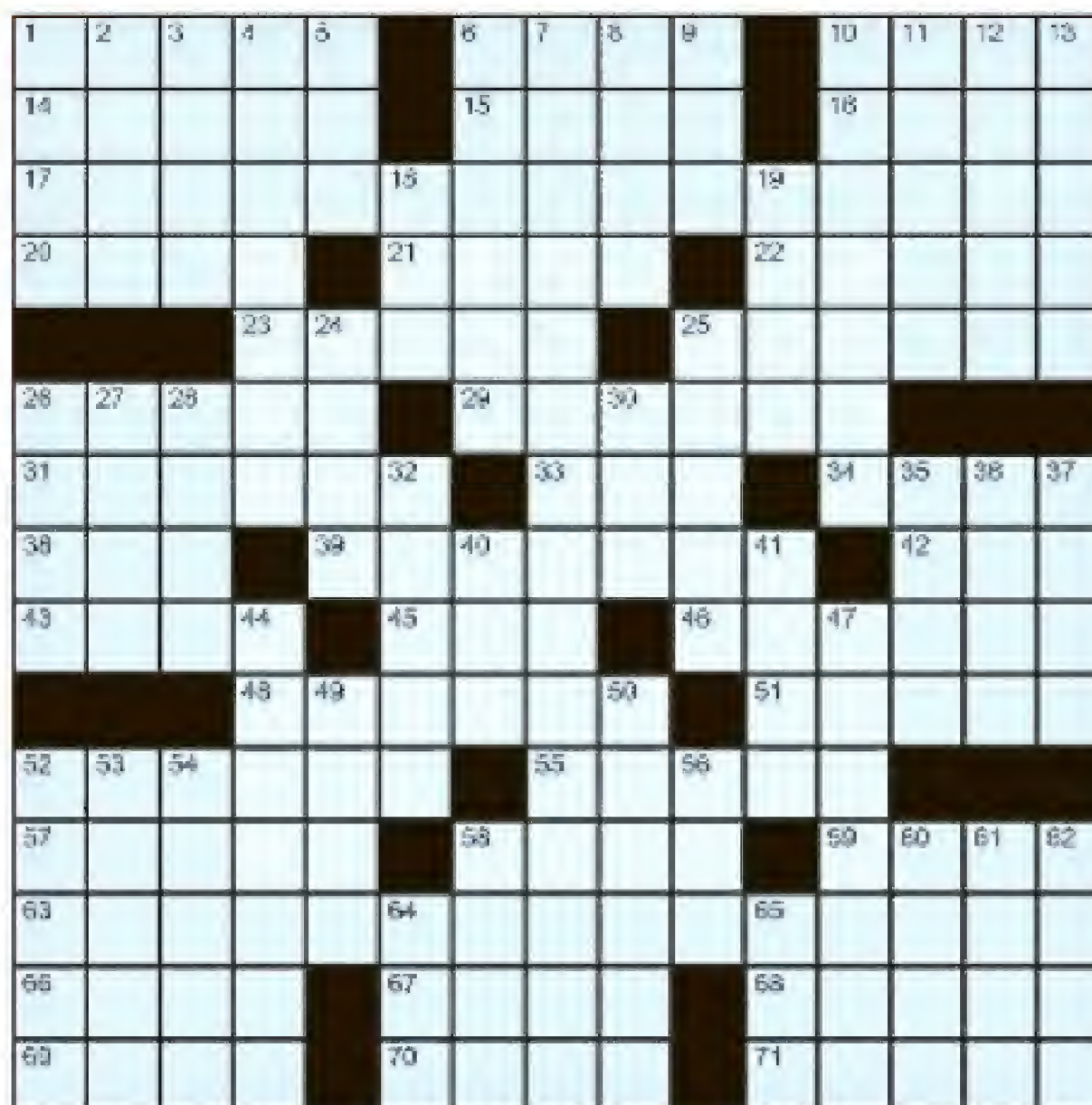
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ACROSS

1. Peppery salad herb, Garden _
6. _-daisy
10. _ seeds (Health food store purchase)
14. Ms. Kelly of "Friday Night Lights"
15. "You gotta be kidding!"
16. Hamilton's _ Village
17. Canadian drama which starred Nicholas Campbell as a Vancouver coroner: 3 wds.
20. Scrape, as spoken sound
21. Muffins-making milieu
22. Excessive
23. Rice dish
25. Dishes de-sudsing-izer
26. Presentation-giver's device, _ pointer
29. Mistaken-for-a-wolf animal
31. Open a gift
33. Mouse's lab pal
34. Certain chordophone
38. Comic actress Ms. Gasteyer
39. Made a witty remark
42. "Video Games" singer, Lana Del _
43. Mail org. in The States
45. Martial Art, _ Chi
46. Subdued
48. Charles or William or Harry
51. Mr. Millan aka 'The Dog Whisperer'
52. Backstreet Boys member A.J.
55. Characteristics of walrus



57. In the lead
58. Gigantic
59. Gull-like bird
63. Indigo and Coles in Canada: 2 wds.
66. Coastal bird
67. _ Sound, Ontario
68. Calgary neighbourhood

69. Television producer Norman
70. "If all _ fails..."
71. Painter's artwork base

DOWN

1. RCN rank
2. Music trade org.

3. E-mails eliminate the need for 'em
4. "Gilligan's Island" role, with The 5. _ Diego
6. 1951 mainframe computer
7. Emulate a fashion model on a shoot: 3 wds.

8. Washer cycle
9. Yearning
10. England's nickname named connection to France
11. Minds
12. Put forth
13. Michaelmas daisy
18. Row's opp., as on

- a spreadsheet
19. Leave a job
24. Baghdad's country
25. Routines
26. Honolulu banquet
27. Ms. Jillian's
28. Exchange
30. Slang-style mouth
32. Russian leader Vladimir
35. Latin for 'city'
36. Prefix meaning "Trillion"
37. Observer
40. Sir McKellen
41. Wharf
44. Parliament Hill job, _ of the House
47. Telephone _ (What the caller left)
49. Vintage house heaters, for short
50. Playwright Mr. O'Neill
52. Silent movies star Ms. Normand (b.1892 - d.1930)
53. Lopping the lawn or doing the dusting
54. "Bleeding Love" singer Ms. Lewis
56. L'il bit of "60 Minutes"
58. Wolf's wail
60. "The _ in the Hell" (Canadian sketch classic)
61. Some, in French: Quelques- _
62. "It should come _ surprise that..."
64. Shoe part
65. Take it all

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a prickly Monday, so be cautious. Close friends and partners will surprise you by being moody or demanding, or wanting more freedom. Tread carefully!

Taurus April 21 - May 21
Your routine will be interrupted today by computer crashes, canceled appointments, power outages — something. Give yourself extra time so that you will have wiggle room to deal with this.

Gemini May 22 - June 21
This is an accident-prone day for your kids, so be vigilant. Social occasions might be canceled or rescheduled. Ditto for sports. Yikes!

Cancer June 22 - July 23
Small appliances might break down, or minor breakages could occur because your home routine will be interrupted. A surprise visitor might knock on your door. Stock the fridge.

Leo July 24 - Aug. 23
This is a mildly accident-prone day. Pay attention to everything you say and do. Keep your eyes open to avoid a physical accident or verbal gaffes.

Virgo Aug. 24 - Sept. 23
Keep an eye on your money today, because something unpredictable might happen. You might find money, or you might lose money. Your possessions might be stolen, broken or lost.

Libra Sept. 24 - Oct. 23
It's hard to predict what people will do today. And you feel the same way, which is why you might change your mind spontaneously today and take off in a new direction.

Scorpio Oct. 24 - Nov. 22
You feel restless today. You have the feeling like you're waiting for the other shoe to drop. Don't bother — it is invariably ugly and in the wrong size.

Sagittarius Nov. 23 - Dec. 21
A friend will surprise you today by saying or doing something unusual. Conversely, you might meet someone who's a real character.

Capricorn Dec. 22 - Jan. 20
Be careful when talking to bosses, parents and VIPs today, because things will not unfold as you expect. Do not be offended.

Aquarius Jan. 21 - Feb. 19
Travel plans will change today — almost certainly. Double-check details, and make sure you know what's happening.

Pisces Feb. 20 - March 20
Agreements about shared property, taxes, debt and inheritances might suddenly fall through today or be changed. Stay on top of this so that you are not caught off guard. In a situation like this, information is power.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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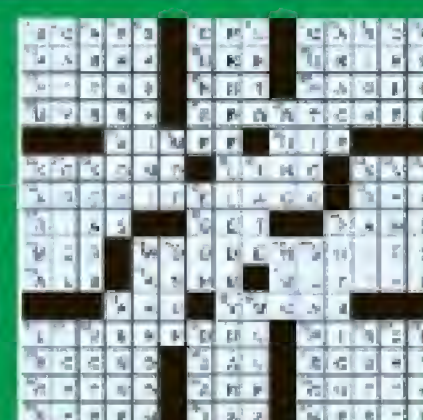
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**THERE'S
A DREAM
WE SHOULD
ALL KNOW
ABOUT.**

**A MAKE THE WORLD A BETTER
PLACE KIND OF DREAM.**

**IN THIS DREAM, WE ALL GET
TO WHERE WE WANT TO GO.**

**THERE ARE LESS LADDERS.
MORE HELPING HANDS.**

**SUCCESS IS MEASURED
DIFFERENTLY IN THIS DREAM.**

**HOW MUCH YOU MAKE A
DIFFERENCE IS MORE IMPORTANT
THAN HOW MUCH YOU MAKE.**

**AND PERSONAL EXPERIENCES
ARE MORE VALUABLE THAN
PERSONAL POSSESSIONS.**

**IN THIS DREAM, PEOPLE
CARE ABOUT PEOPLE
THEY'VE NEVER MET.**

**AND THE BIG IMPORTANT
CHOICES ARE MADE FOR OUR
KIDS' FUTURE, NOT JUST OURS.**

YOU CAN SPEAK ANY LANGUAGE.

LOVE WHO YOU WANT TO LOVE.

**EVERYONE IS WELCOME
IN THIS DREAM.**

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